

Take These 8 Biblical Stances When Interceding for the Sick

I'm rotating four people through my prayers right now, for one not serious but miserable infection, one very serious infection, one emergency surgery and one planned outpatient surgery.

So I thought I would try to dissect my prayers for these people, in case you need some ideas for how to pray for yourself or for your own folks who have health issues.

Eight Ways to Pray for the Sick

Think Back

In the Hebrew language, the future is considered behind our backs where we cannot see it, and the past is what is clearly in front of us. I know I can't see the future, to know what God will do about a person's illness, but I can look at what He has done before.

My prayers become declarations of extraordinary health stories in the Bible. *You brought the widow's son back to life, Lord. You restored the nerves of lepers. You healed people from deadly snake bites. You helped people stand. You are the Creator and healer of our bodies, so of course You're the One I'm going to talk to when I have friends or family who are sick. You are the One who can help this person.*

Tell God What You Want

I'm not one to beat around the bush in prayer. I just come out and say, *Lord, I want you to make this person all better.*

"In the evening, when the sun had set, they brought to Him all who were sick ..." (Mark 1:32a).

Ask God What He Wants

God is excellent at managing things. *Lord, I know for sure that You are smarter than I am and do everything better than I do, so I confess my confidence in your methods regarding this person's illness.*

Pray for Maturity

Trials come to move us forward in our inner maturity. *Lord, may the physical trial this person is experiencing have great results in his heart and mind.*

Pray for God to Be Glorified

We need some imagination. How might God be using this illness to show Himself to the person or to the family and community? *Lord, show your greatness in this situation. Display Your power and wisdom and care for this person.*

Ask for Encouragement

Maybe this illness will be over quickly or maybe it will be a long battle. Not knowing can be frightening and disheartening. *Lord, give this sick person hope and courage to live with pain and discomfort today. Assure him that you are close and that you care. Give him what he needs to keep going and to have a deep joy.*

Focus on Eternity

Our bodies are fragile. *Lord, I know we do not live forever. Thank you for the reminder that our bodies are wasting away. Thank you for the hope of eternal life. Thank you that someday we get new bodies that won't hurt!*

Thank God in Advance

We know God is at work. *Lord, I thank you for what you're going to do in this sick person's mind, heart, and body. I*

know you're taking care of this person, and I thank you for your attention to this need.

Okay, there's a peek inside my conversation with the Lord this week.

I pray if any of you are under the weather or are dealing with chronic health issues that God will give you a boost in your heart today. He sees you, and He hasn't stopped caring, my friend. He loves you. {eo2}

*Republished with permission from Christy Fitzwater's blog. **Christy Fitzwater** is a pastor's wife, Spanish teacher, author and blogger.*